

3rd Annual Frosty Frenzy 5K Fun Run/Walk
West Branch Parks and Recreation
Saturday December 3rd, 2011
11:00 am

Race Packet Pickup: Friday December 2nd from 5-8 at West Branch City Office or Saturday at 9-10:45 am at Hoover Elementary gym.

Fee: \$15 Youth (17 and under) \$20 Adult or \$50 immediate family.

Awards/Prizes: Trophies for 1st place in the following categories: Male 14 U, Male 15-19, Male 20-29, Adult Male 30-39, Adult Male 40-49, Adult Male 50 and over, Female 14U, Female 15-19, Female 20-29, Female 30-39, Female 40-49, Female 50 and over.

Race Route: <http://maps.google.com/maps/ms?msid=203457785890093302467.00049374d393bae25a9c68msa=0>

If registration is received after November 19th you will get a stocking cap instead of a T-shirt. Please drop the registration form at City Office or send registration and form to:

West Branch Parks and Recreation

P.O. Box 218

West Branch, IA 52358

Questions? Please contact Melissa Russell at 643-4212 or by email at recdirector@westbranchiowa.org.

Adult Name and age: _____ Home/Cell Phone: _____

Adult Name and age: _____ Home/Cell Phone: _____

Email: _____ Email: _____

Children's names and ages:

This year you can choose either a long sleeved t-shirt or a stocking cap. Late participants will automatically receive a stocking cap.

Number of stocking caps: _____ **OR**

Shirt Size (Write how many of each size you need) Youth: Small _____ Medium _____ Large _____

Adult: Small _____ Medium _____ Large _____ XL _____ XXL _____

Participant's statement

By signing this agreement, I the participant, parent, and/or guardian understand that participation in this activity may result in some type of injury and protective equipment does not prevent all injuries to participants. I hereby give permission for my child, ward, or myself to participate in the below registered program and/or activity and certify that my child (or myself) is physically fit to join in the activities. I hereby waive, release, and agree not to hold the City of West Branch Parks and Recreation Department sponsors, supervisors, and volunteers liable for any injuries that may occur as a result of participation in these activities. I also give my permission for any photos/videos, etc. of these participants taken during a program to be used for future departmental promotional materials.

Please take note and govern yourself accordingly.

THE WEST BRANCH PARKS AND RECREATION DEPARTMENT AND THE CITY WEST BRANCH HAVE NO ACCIDENT INSURANCE TO PROTECT THE PARTICIPANTS.

Adult/Parent/Guardian Signatures: _____

Adult/Parent /Guardian Print Names: _____

Total Amount Enclosed: \$ _____

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